

# NATIONAL POOL LIFEGUARD QUALIFICATION (NPLQ)



We are running a National Pool Lifeguard Qualification (NPLQ) course at the pool during the Easter school holidays (8-13 April 2024) at a cost to each applicant of £300, payable in advance. The course will consist of 5 full days – Monday to Friday, plus the assessment on Saturday 14 April, so you will need to be available for the whole of this time.

## WHO IS THIS COURSE FOR?

Anyone who is 16yrs or over on the date of the final NPLQ Assessment. You should be able to:

- Jump/dive into deep water
- Swim 50 metres in more than 60 seconds
- Swim 100 metres continuously on front and 100m continuously on back
- In deep water, tread water for 30 seconds
- Surface dive to the floor of the pool
- Climb out of the pool unaided without using a ladder/steps

The course covers all elements of pool rescue techniques, lifeguarding theory, first aid and CPR. The course includes swimming to set times, lifting casualties and diving to the deepest part of the swimming pool. Upon completion of training the NPLQ is assessed by an independent assessor.

The assessment will include multiple-choice question papers, practical demonstrations of water rescue skills, CPR and first aid. Upon qualifying, the NPQ certificate is valid for two years from the date of successful completion.

If you wish to apply to join the course, please complete and return the attached form and return it to [hr@portisheadopenairpool.org.uk](mailto:hr@portisheadopenairpool.org.uk) by Monday 25 March.